



**GREEN
CHEF**

MEDITERRANEAN SHRIMP

Sun-dried tomatoes, sautéed zucchini with bell pepper & olives

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

A quick soak in red wine vinaigrette with sun-dried tomatoes transforms savory shrimp into an irresistible Mediterranean feast. After just five minutes in the marinade, the shrimp are pan-seared to juicy perfection and served alongside tender sautéed zucchini with bell pepper and Kalamata olives. A sprinkle of walnuts adds a light crunch to the vibrant dish.

INGREDIENTS (10 ITEMS)

10 oz **Shrimp** SH
 ¼ oz **Sun-dried tomatoes**
 1 ½ tsp **Cumin, garlic & fennel blend**
 1 whole **Zucchini***
 1 ¾ oz **Green bell pepper***
 ¼ oz **Kalamata olives**
 1 whole **Red onion**
 ¼ oz **Garlic**
 ½ oz **Walnuts** T
 2 ¾ oz **Sugar-free red-wine vinaigrette with Dijon**

WHAT YOU'LL NEED

medium & large sauté pans
 mixing bowls
 measuring spoons
 cooking & olive oils
 salt & pepper

ALLERGENS

SH SHRIMP
T TREE NUTS (walnuts)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw shellfish. Consuming raw or undercooked shellfish may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP

- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened.
- Once softened, roughly chop **tomatoes** (discard soaking liquid).

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 CONTINUE PREP

- Trim ends off **zucchini**; discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Medium dice **green bell pepper** into pieces, about ½ inch each.
- Cut ends off **red onion*** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.

**We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

3 FINISH PREP

- Roughly chop **Kalamata olives**.
- Mince **garlic**.
- Roughly chop **walnuts** if necessary.

4 MARINATE SHRIMP

- Rinse **shrimp**. Pat dry with paper towels. Place **shrimp, tomatoes**, about half of the **sugar-free red-wine vinaigrette with Dijon**, and about 1 ½ tablespoons olive oil in a medium bowl. Season with salt, pepper, and about half of the **cumin, garlic, and fennel blend**. Stir to coat. Marinate about 5 minutes, stirring occasionally.

5 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **zucchini, bell pepper, onion**, and **olives** to hot pan. Season with remaining **spice blend**. Stir to combine. Cook 4–5 minutes, or until bell pepper begins to soften, stirring occasionally.
- Add **garlic** and about 2 tablespoons water. Stir to combine. Cook 3–4 minutes, or until veggies are tender and liquid is cooked off, stirring occasionally. Salt and pepper to taste.* Stir to combine.

**Taste the veggies after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

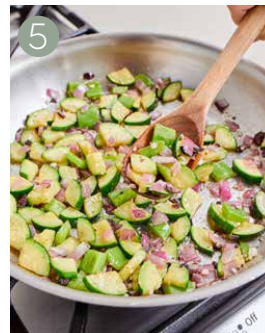
6 COOK SHRIMP

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **shrimp and tomatoes** to hot pan (discard any excess marinade). Cook 4–6 minutes, or until shrimp are fully cooked,* stirring occasionally.

**Shrimp are fully cooked when they're pearly and opaque in the center.*

7 PLATE YOUR DISH

- Divide **sautéed shrimp and sun-dried tomatoes** between plates. Drizzle with remaining **vinaigrette** to taste. Serve **sautéed veggies** next to shrimp. Garnish with **walnuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (411g)

Amount per serving

Calories 680

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 180mg	60%
Sodium 1060mg	46%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 3mg	15%
Potassium 909mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Sustainably-raised shrimp (Shrimp, Salt, Sodium Citrate, Sodium Bicarbonate, Sodium Carbonate), **Cumin, garlic & fennel blend** (ground cumin, granulated garlic, ground coriander, black pepper, ground fennel), **Kalamata olives** (kalamata olives, water, red wine vinegar, sea salt, grape must), **Red onion, Green bell pepper, Garlic, Sun-dried tomatoes** (Organic dried tomatoes), **Walnuts, Sugar-free red-wine vinaigrette with Dijon** (red wine vinegar [grape must, wine vinegar], lemon juice, dijon mustard [grain vinegar, water, mustard seed, salt, spices], dried oregano, granulated garlic, sea salt, black pepper, olive oil), **Summer squash**

Allergen information:

Contains Tree Nuts And Shellfish

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.